

From the Desk of Yvonne - Resource Consultant

Hello Terry Tan Families!

During these unprecedented times it is easy for us as parents to lose sight of what we need to do to keep our minds and bodies healthy. Below are some strategies that may help with the days ahead.

Give yourself a break. Self-compassion can go a long way! It is the art of giving yourself a break and easing burnout before it becomes too overwhelming. You really are doing the best you can, even if it just looks like you are just getting through the days sometimes. It is easy to be hard on ourselves and often we work towards perfection which as we know, does not exist.

Use coping strategies that are realistic now. It may have been realistic for you to go for an hour run, but that may not be the case today. Try to think about what coping strategies are realistic for you right now. It may be stepping outside for a few minutes for some fresh air or texting with a friend for a bit. It can also be putting on some music that you enjoy and dancing around with your kids, laughter can always go a long way 😊

Look for good enough. Caregivers want to make the best and right choices for their children. But good enough is not often the standard when it comes to your kids-we usually want the very best. Sometimes part of drives stress for so many caregivers is the anxiety that in the moment we don't know what the right or best choices are. We know our children best and listening to our instincts is often the way to go. Being present and in the moment as much as we can be can also help us to make choices that work for you and your family.

Board and Staff News

There will not be a Board Meeting this month. These will resume in February.



Happy New Year to all our wonderful Terry Tan Families and Staff.

Special Dates

January 1st – New Year's Day (closed)

January 6th – Orthodox Christmas Day

January 13th – Orthodox New Year



Interesting to Note

Want your family to eat healthier but you don't know where to start? You're not alone. Check out these tips to get you started on your path.



Change your shopping habits. This is most important for those last-minute meals when you only have access to the food in your fridge or pantry. Make sure there are always healthy choices available.

Don't hold back on fresh fruit and vegetables. When in doubt, it's much better to whip up a salad rather than bake a frozen pizza.

If someone in your family has a gluten or dairy allergy, encourage the rest of the family to eat using healthy substitutes as well. Spelt and coconut milk are great substitutes for flour and milk.

Spend a Sunday afternoon looking through a cookbook with nice pictures along with your children. Flag all of the recipes they like, and make a couple of those things throughout the week.

Research shows that children who help prepare meals are more likely to eat them. If you have any picky eaters, be sure to get them involved.

Visit a farmer's market or grocery store with your children. They can be pricey so be sure to plan a bit in advance and don't give into the gimmies.

Opt for a picnic instead of a meal at a restaurant. The best part is when children are restless, they can run outside in a play space instead of sitting in a chair.

Don't be hard on yourself. Nobody eats perfectly 100% of the time. Think of this process as an ongoing journey towards happier, healthier people.

Based on an article that originally appeared in the Spring 2014 issue of Together Magazine.